

Matrix Model of Outpatient Treatment

Sam Minsky, MA, MFT

Training days will be from 9:00am – 4:00pm (with 1hr lunches and 10 minute breaks)

Day One

Introductions and Orientation

Outpatient Treatment: An Evolving System-Laying the Foundations

The stylistic underpinnings of effective delivery of the Matrix Model:

A brief overview of Motivational Interviewing

Break

Triggers and Craving

The 2 brain model of addiction

Lunch

The Stages of Recovery

A roadmap: From withdrawal to Adjustment

The Format: Implementing the Matrix Model

The organizing principles of the Matrix Model of outpatient treatment.

Components of the Matrix Model

Individual Conjoint Sessions

Co-Leader strategies

Early Recovery Skills Groups

Break

Early Recovery Skills Group continued

Early Recovery Mock Group

Wrap Up and Assessment

Day Two

Questions and Review

Relapse Prevention Group

Goals, reminders, and sample topics

Break

Practice Role Play: Relapse Prevention Group

Lunch

Education Lectures

Social Support Group

Urine analysis and Breath testing

12-Step Participation

Break

Relapse Analysis

The Research

Current research and the Methamphetamine epidemic

Cognitive impairment

Contingency Management, CBT, Matrix Model: New paradigms for treatment

Wrap Up and Assessment